

“Group Fitness Classes Open to Contractors, Retirees, and Students”

Group fitness classes are held on every Monday, Wednesday, and Friday (except holidays) at 11 a.m. to noon in the gymnasium B1222b, room 105. Physician medical clearance is required to attend classes prior to attending. Medical clearance form can be obtained at the Exchange Shop or the fitness center.

Participants may purchase a single group fitness pass for \$3 per class or ten passes for \$25. Pass must be purchased at the Exchange Shop in B1213 after providing the appropriate medical clearance. Permanent Badged Contractors, Retirees and students, who are members of the Fitness Center may attend classes do not have to pay these class fees. Fitness Center Fitness Center Membership for NASA “permanently badged” contractors, students, and retirees is not required to attend the Group fitness class.

For those who have never attended, the first class is complimentary! Please call Joanne at the fitness center at x46387 for more information. The following provides the types of workout routines offered in the Group Fitness Classes:

Monday – Advanced Step: 5 – 10 minute warm-up, 40 minute advanced step choreography, 5 – 10 minute cool-down and stretch. ***Intermediate to Advanced***

Wednesday - BOSU® Balance Training & Plyometrics: 5 – 10 minute warm-up, 30 - 35 minute cardio training, including core balance, integrated with interval drills and weight sculpting, 5 – 10 minute callisthenic/abdominal work, 5 minute cool-down and stretch. ***Intermediate to Advanced***

Friday – Advanced Circuit Training: 5 – 10 minute warm-up, six 4:4 minute ratio interval drills to strength training (court drills, jump rope, jumping jacks, running, kickboxing drills: medicine balls, hand weights, body bars, tubing), 5 – 10 minute callisthenic/abdominal work, 5 minute cool-down and stretch. ***Advanced***

**Classes subject to change without notice.*

Plyometric Training: Type of exercise using explosive movements to develop muscular power, esp. bounding, hopping, and jumping.

BOSU® Balance Trainer: BOSU® is an acronym for “Both Sides Utilized.” One side is a flat, hard surface, and the other is an inflated dome. This hybrid fitness device is used to improve core strength, balance, sports specific training, and functional fitness.